



# Need help navigating the Aged Care Systems

## Robe

Drop in and chat to local **Cathy** volunteer Aged Care Navigator who is here to support you to understand and navigate the aged care systems, including My Aged Care.

### What help is available

Do you have a question to ask, need some assistance to connect with organisations providing Aged Care support in your home, help with a form or even just how to register with My Aged Care, then Cathy will guide you. If you have a social group or club, ask her how she can also provide group talks too.

The Aged Care Navigators Trial is delivered by COTA SA as part of a consortium led by COTA Australia and funded by the Australian Government.

[www.AgedCareNavigators.org.au](http://www.AgedCareNavigators.org.au)

### Where can you chat to Cathy

#### Robe Visitor Information Centre

on the first and third Monday of each month from 10am-12noon.

October 7th & 21st

November 4th & 18th

December 2nd & 16th

[www.cotasa.org.au](http://www.cotasa.org.au) | [cotasa@cotasa.org.au](mailto:cotasa@cotasa.org.au)  
08 8232 0422 | 1800 182 324 (country callers)